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# natural awakenings

## Eco-Living

GREATER ANN ARBOR

NOVEMBER 2023

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**letter from the publishers****Living an Authentic Life**

As Thanksgiving draws near and we take stock of our blessings, it is the simple things in life that usually top the list: love, family, friendships, food on the table, a place to call home, clothes on our backs, and a peaceful community that we so blissfully take for granted. These are the joyful simplicities of life which bring us the most happiness, health and fulfillment and, in most cases, don't cost a thing. You don't have to live like a monk to embrace simplicity.

Living simply is a voluntary lifestyle choice in which our most authentic self is brought into direct and conscious contact with the process of honoring the present moment and valuing what truly means the most to us. This idea enables positively embracing living with less, whether you've taken a knock from an economic downturn or need to pull back from overspending. Simple living is sustainable living, and this month's Eco-Living theme gives a nod to the art of minimalism, a growing movement. By paring down possessions, we can lower our environmental footprint, simplify our finances and pave a better pathway for our children and their entire generation.

For us, minimalism means staying conscious of our daily choices, from preparing food using healthy, natural, ingredients that are easy to pronounce to the ingredients we use for our personal care and cleaning products, and materials for fabrics, clothes and shoes. We have been on a mission to greatly reduce the plastic in our home and replace it with sustainable materials, and it is paying off—most of the items that decorate our home are made directly from the Earth, such as wood, metal, stone and pottery.

If you'd like to live more sustainably, focus on your life goals, personal contentment and building relationships, instead of pursuing the all-consuming goal of economic success. As your life becomes unfettered by the "stuff" that takes up physical and mental space, intangibles like compassion, kindness and mindfulness organically bubble up to the surface. This month's Inspiration department, "A Pebble of Kindness in the Stagnant Pond," reminds us that with the expression of compassion, we become joy in motion. One of the most beautiful facets of mindfulness reveals itself when we embody kindness.

November is the perfect time to slow down with gratitude and look for ways to enjoy life more. We hope this issue inspires you to consider simplifying and stepping out of your usual habits to discover what brings you the most joy, peace, health and happiness. From all of us at *Natural Awakenings*, Happy Thanksgiving!

Here's to a natural way of better living,

*Trina & John*



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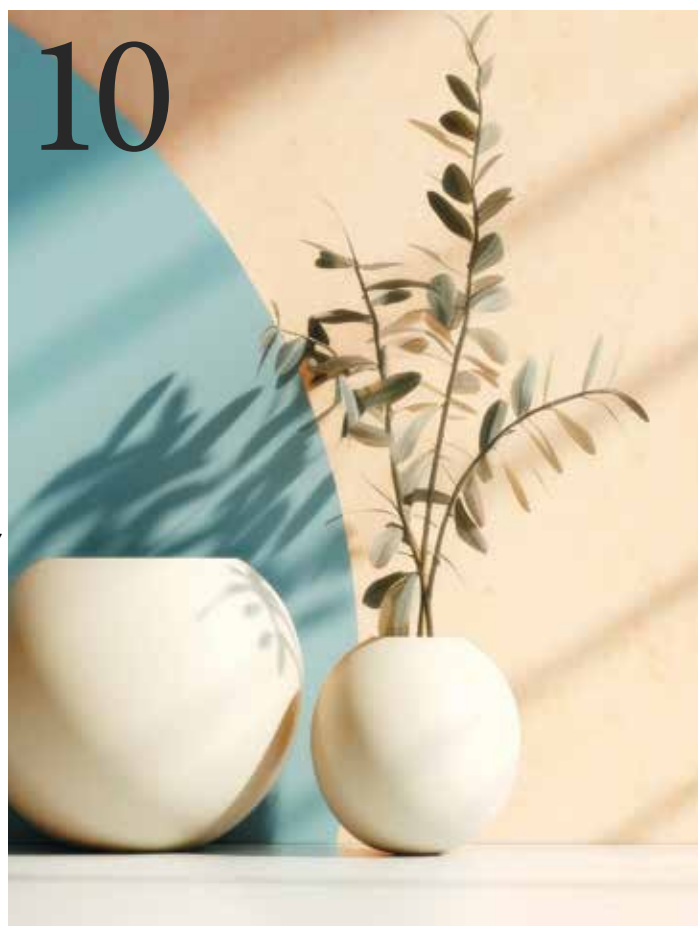
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### 2024 Folk Festival in January

**T**he 47th Ann Arbor Folk Festival fundraiser for the nonprofit Ark, Ann Arbor's home for folk, roots and ethnic music, will take place on January 26 and 27, 2024, at Hill Auditorium. Tickets go on sale November 3.

Performers include Old Crow Medicine Show, Devon Gilfillian, Bailen, Darren Kiely, Sons Of Mysterio and Jeff Daniels, MC on January 26.

The lineup is Emmylou Harris, Michigan Rattlers, Steve Poltz, Lizzie No, The Sea The Sea and Jeff Daniels, MC on January 27.



*Location: 825 N. University Ave., Ann Arbor. For more information, visit [TheArk.org](http://TheArk.org).*

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Clarence Sutton

*Location: 2020 Hogback Rd., Ste. 7, Ann Arbor. For appointments and more information, call 734-677-1900 or visit [ChiroAnnArbor.com](http://ChiroAnnArbor.com).*

### Orchids Galore at Matthaei Botanical Gardens

**T**he nonprofit Ann Arbor Orchid Society Orchid Show will take place from 10 a.m. to 4:30 p.m., November 18 and 19, at Matthaei Botanical Gardens. Photography hour is from 9 to 10 a.m., November 19. Visitors may enjoy award-winning orchid displays, free orchid classes, orchid vendors, orchid care supplies and orchid raffles.

Orchids have long been considered symbols of purity, prosperity and good health, but were also once thought to bring happiness and good luck to those that grew them. Unlike other flowers, orchid blooms are monosymmetrical because both halves of the flower mirror each other. Becoming an Ann Arbor Orchid Society member means learning about the wonderful world of orchids, and visitors are welcome.



*Admission is free. Location: 1800 N. Dixboro Rd., Ann Arbor. For more information, call 734-647-7600, email [aaorchidsociety@gmail.com](mailto:aaorchidsociety@gmail.com) or visit [aaosonline.org](http://aaosonline.org).*

### Attention All Readers

**S**weetwaters Coffee & Tea will conduct a small author gathering and book signing event at their Plymouth Green location. Diana Kathryn Plopa, Eme Savage, Mandy Jo and Shelly Edwards Jorgensen will be there from 11 a.m. to 2 p.m., with Cynthia Birk, Donna Neumann, Douglas S. Pierce and Mandy Jo from 2 to 5 p.m.



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Location: 3393 Plymouth Rd., Ann Arbor. For more information, call 734-369-4568, email [Info@SweetwatersCafe.com](mailto:Info@SweetwatersCafe.com) or visit [Tinyurl.com/SweetwatersPlymouthGreen](http://Tinyurl.com/SweetwatersPlymouthGreen).

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Location: Ann Arbor. For more information, call 734-210-0463, email [Ikaro@LivingWisdomCoaching.com](mailto:Ikaro@LivingWisdomCoaching.com) or visit [LivingWisdomCoaching.Earth](http://LivingWisdomCoaching.Earth). See ad page 30.



Ikaro Phoenix

## KUDOS

The **Humane Society of Huron Valley (HSHV)** recipients of the sixth annual **Humane Youth Award** include **Zachary Koolage-Hall**, 12, of Ann Arbor, **Julia Chen**, 14, of Ann Arbor, and **Aileen Bachrens**, 17, a Junior Volunteer at HSHV who attends Skyline High School.

Additional youth receiving honorable mention for the Humane Youth Award include **Lula Cook**, **Aniya Lewis**, **Megan Ohm** and **Megan Peng**. The winners each received a **Humie trophy** at the **Compassionate Feast** on October 19.

For more information, visit [hshv.org/hya](http://hshv.org/hya). See ad page 25.



Zachary Koolage-Hall

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*John O. Wycoff, DO, is the founder and CEO of Wycoff Wellness, located at 1226 E. Michigan Ave., in East Lansing. For appointments and more information, call 517-333-7270 or visit [WycoffWellness.com](http://WycoffWellness.com). See ad back cover.*

## Exploring COVID Immunity

Scientists from around the world are looking at those lucky people that never tested positive for COVID-19 or were as-



ymptomatic despite repeated exposure to the virus. The COVID Human Genetic Effort is an international consortium seeking genetic and immunological causes of the disease. This international group of researchers has three aims: recruit patients with critical COVID-19 pneumonia and their family members that

never tested positive or were asymptomatic; search for genetic variants from the patients and family members participating in the study; and study the genetic variants biochemically and the patients' cells immunologically.

The consortium has recruited approximately 1,000 subjects worldwide. If the researchers can identify a protective genetic factor, it is possible that they could develop drugs to prevent infection and limit the spread of the virus.

At least 20 percent of COVID-19 patients that tested positive were asymptomatic. Researchers at the University of California, San Francisco, conducted research as to why they were able to rapidly clear the virus. They found that of the more than 13,000 people in the study with the human leukocyte antigen (HLA) that tested positive for COVID-19, 10 percent were totally asymptomatic, not even experiencing a scratchy throat. Those with a specific genetic version of HLA were more than twice as likely to have an asymptomatic infection and eight times as likely if they had two copies of the gene.

## Promising Developments for Artificial Kidneys



According to a paper published in *Nature*, researchers have made significant strides in the development of an artificial kidney. This exciting breakthrough offers hope for patients on waiting lists for transplants.

Engineered using human stem cells, the new artificial kidney can filter blood and produce urine just like a natural kidney. The bio-hybrid device combines microchip filters and living kidney cells, leveraging the body's natural blood pressure for filtration. Its potential to mimic the function of a real kidney without the need for



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dialysis or immuno-suppressive drugs might render it a game-changing alternative to traditional kidney transplants and dialysis treatments. While the artificial kidney has shown promise in initial animal tests, there is still a long journey ahead before it can be safely implanted in humans.

## Vitamins May Improve Memory



Taking multivitamin supplements may improve memory in older adults, according to a study published in *The American Journal of Clinical Nutrition*. The randomized, controlled trial involved 3,562 individuals 65 and older that were given either a placebo or a daily multivitamin supplement and evaluated after

one year. Those that took multivitamins had better memory performance compared to the placebo group. While further research is needed to understand how and which vitamins affect memory, the study suggests that these supplements are safe, accessible and beneficial for older adults looking to maintain cognitive function.

## Acupuncture to Boost Muscle Health



Muscle loss can have a significant impact on a person's quality of life, leading to decreased mobility and strength. A study published in the *Journal of Acupuncture and Meridian Studies* offers evidence that acupuncture may stimulate muscle regeneration and preserve muscle health, thus serving as a potentially noninvasive

solution to muscle atrophy.

The study of patients with sarcopenia, a disorder involving accelerated muscle loss, was conducted at Nanjing Hospital of Traditional Chinese Medicine. The control group was given nutritional treatments, and the study group was given the same nutritional treatments plus 24 sessions of electro-acupuncture over the study's 12-week period. While both groups experienced improvements, the acupuncture group experienced more significant improvements in skeletal muscle mass and grip strength, as well as the ability to complete a 20-foot walk more than one minute quicker.

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# THE JOYS OF MINIMALISM

## A RICH LIFE WITH LESS STUFF

BY CARRIE JACKSON

After a pandemic largely spent at home, many Americans are holding up a mirror to their lives and examining what really matters. Finding that material possessions weigh them down, people are turning to minimalism to simplify their physical, mental and emotional space. According to a study in *ScienceDirect*, a decluttered lifestyle improves sustainability and boosts emotional well-being. By paring down our possessions, we can become more authentic, simplify our finances and pave an easier pathway for the next generation.

According to Joshua Becker, author of four books on the subject, including *The More of Less* and *Things That Matter*, “Minimalism is the intentional promotion of the things we most value by removing everything that distracts us from them. This provides a refreshing sense of freedom with a new level of independence that comes from no longer being tied to material possessions. Modern culture has bought into the lie that more is better and happiness can be purchased at a department store, but embracing minimalism brings freedom from the all-consuming passion to possess and dares to seek happiness elsewhere. It values

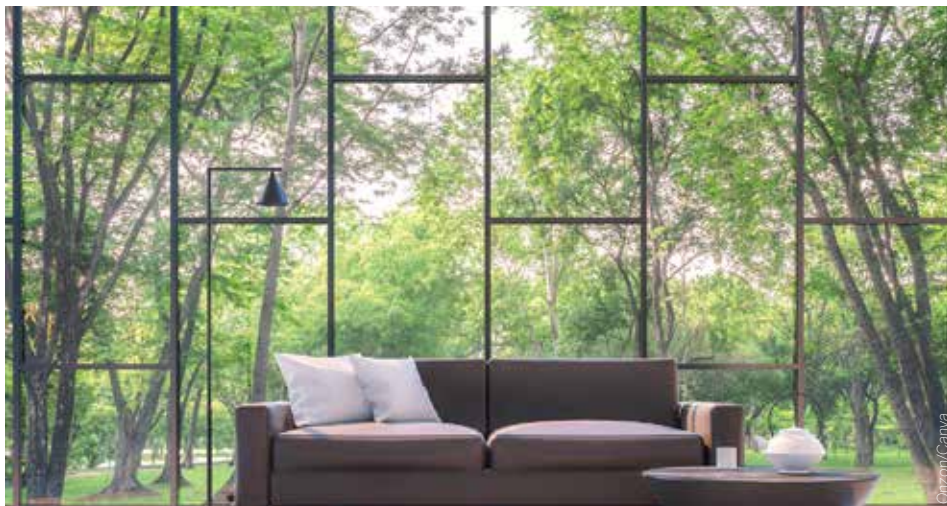
relationships, experiences and soul-care, and lets us see all that we already have and reminds us to be grateful.”

### Choosing the Essentials

Monica Friel is the founder and chief executive organizer of Chicago-based Chaos to Order, which works with clients to improve organization in their lives. She advises that our homes have essentially become storage units filled with unused items. With the average American house more than double the size it was in 1950, according to National Public Radio, we have more space than ever to store what we don't

need. “For most people, our home is the biggest purchase we make, yet it's so full of stuff it has actually become a burden. We're embarrassed to have people over because of the clutter. I encourage clients to examine what's weighing them down and start removing excess items that are adding to physical and emotional space. Think about if you were moving in three months, what would you want to take with you,” she says.

According to *The Wall Street Journal*, Americans spend \$1.2 trillion annually on things they don't essentially need. Becker says that focusing on minimalism allows us to invest our money where it truly





matters. “Choosing to accumulate only the essentials can lead the way to financial freedom. Spending less on things you don’t really need will cut your financial expenses and provide an opportunity to not just save money for the sake of keeping it for yourself, but to use it to further causes that you believe in. It also allows you to seek out jobs that are not necessarily tied to income,” he says.

## Declutter Strategies



When starting to declutter, Becker recommends parting with the easiest stuff first. “Start by eliminating everyday things around the house you no longer need, such as duplicate items. For example, your family needs towels, so you will never remove them completely, but you could simplify your life by reducing the number of towels you own. You will enjoy the refreshing feeling of a less-cluttered linen closet or bathroom drawer. As you experience the benefits in your life, you’ll become better at finding solutions for the more difficult items,” he explains.

Friel says that it is often not the actual physical object people are attached to, but the memories associated with it. She points out that with younger generations increasingly accessing digital and online information, they don’t necessarily have the same ties to objects as their parents do. “That rocking chair in the corner of the basement may have been important to Grandma, but now it’s just taking up space. It’s the story behind the chair, not the actual piece of furniture itself, that matters. People can take a photo of the object and share its history with digital storage, and the memory will last forever,” she says.

Family heirlooms can become even more complicated for the sandwich generation—

those taking care of both aging parents and their own children. Friel says that the best thing parents can do is to start downsizing early. For adult children sorting their parents’ stuff, it is often best to ask for help. “Life transitions, such as a death in the family or moving elderly parents into a retirement community, can be difficult and draining endeavors. Find someone to help who is not emotionally attached, such as a professional organizer. They can provide unbiased guidance and help defuse any conflicts that may arise. This can even be done remotely now with families online via Zoom. So much of downsizing is about control. But making responsible choices with how to allocate your belongings actually helps put you in control of your legacy and makes it easier for your kids and other family members,” she explains.

## Benefits for the Planet



Adopting a minimalist approach is also better for the planet. Vourneen McElwain, the creator of The Plain Simple Life, says that embracing minimalism and sustainability has a positive impact on the world around us. “At its core, minimalism is all about living with less. So, when we choose this lifestyle, we reduce the demand for the excessive production of goods. Minimalism also encourages us to be more mindful about our consumption, so we tend to invest in higher-quality items that last longer, instead of falling into the fast-fashion or disposable-products trap. Plus, when we own fewer items we can choose to live in a smaller and more energy-efficient home,” she advises.

Being mindful of how we downsize can help keep the environmental impact to a minimum. McElwain points out, “We never want our unused items ending up

polluting the environment in a landfill or in the sea. The most eco-friendly way to declutter is to donate things that are still in good condition or to give them away to family and friends. This way, we can give these items a brand-new life and help others without over-consuming new products.

“You’d be surprised how something that may appear meaningless to some can hold great value for others. You can also sell unwanted items, which helps others get access to something they might need without having to buy new and produce more waste. Finally, if an item is truly broken and unusable, there are ways to repurpose it. Even if you’re not a DIY person yourself, there are many who would be happy to take your broken, three-legged chair and turn it into a beautiful and unique piece of furniture.”

McElwain notes that minimalism encourages us to become conscious consumers. “A minimalist lifestyle prompts us to ask ourselves if we really need or love an item, and if we have a place for it in our lives. As we become more intentional with our choices, we also start to look into the origins of the things we buy. We try harder to support businesses that align with our values, such as those that prioritize fair trade, ethical manufacturing practices or eco-friendly operations,” she explains. “By adopting



minimalism, we don’t just declutter our spaces, we also contribute to social and environmental causes that shape a sustainable future.”

*Carrie Jackson is a Chicago-based freelance writer. Connect at Carrie JacksonWrites.com.*

# Sam Stedman

## ON HELPING KIDS MAKE CONSCIENTIOUS CHOICES

by Sandra Yeyati



Sam Stedman is the co-founder and publisher of *EcoParent*, a quarterly print magazine distributed in North America that is designed to help parents make better choices for their families. He holds a Ph.D. in experimental theater and ethical philosophy from the University of Toronto and was a university professor for more than 10 years in Ontario. Stedman lives in Belize with his 12-year-old son, Ransom.

### ***How can parents inspire children to make eco-friendly choices?***

We need to get into the habit of doing the work, taking the time to research, learn, educate and be conscious of the choices in front of us so that we don't make default decisions. Once you get past the surface level of reading labels and knowing what organic certification is, you have to keep taking it deeper. It's ever-shifting sands. Science keeps developing. New certifications and concerns arise. New chemicals are developed to replace old chemicals that were bad.

We might get to a point where we realize we can't make a reasonable choice because the information is impenetrable or requires another 15 hours of research. It might be a toss-up, a lesser of evils or an equal of evils, but being conscious and present to it is so important, and that's what I want to instill in my son. I want him to know that I thought about the things we did and the choices we made, and that he can, too.

photo by Blaise Miskel/SamStedman



## How do you help your child cope with eco-anxiety?

The word of the day around here has been acceptance. You have to accept situations as they are, and frustrating and heart-wrenching as they may be, when you literally can't make a good choice, you also have to let yourself live in this world.

If you've ever done one of those carbon footprint calculators, most North Americans use up their global annual share of resources within a few months. I definitely use less than I used to and less than average, but I'm still using more than my share well before the year mark is over. How do you live with that? I wish I had good answers, but if we're trying and we make our choices well, then we're heading in the right direction.

## Do you homeschool your son?

At the start of COVID, we started homeschooling, but I discovered that I'm not a great homeschool dad in the sense of having all kinds of time to prepare curriculum and open up interesting possibilities. What we ultimately settled on, and this was a part of the shift and move to Belize, was an unschooling approach, which is the term for learning in the classroom of life, not having a set curriculum and instead being self-directed.

My son is free to create his own projects. It's an interesting social experiment and a process of deinstitutionalization or de-schooling, as it's called in the unschool-

ing community, for myself and for him. I spent 30 years in school, from kindergarten to finishing my Ph.D., and what did it get me? I was a straight-A student, but when I graduated, nobody was giving me a job on a silver platter, and I had never been taught how to go out and make something happen. The hardest thing I ever did was give up my academic career to become an entrepreneur, but it was the best thing I ever did. So what I've been trying to teach my son is how to learn on his own, but more importantly how to make things happen in the world.

## Can you give an example of this self-directed learning?

My son is a devotee of Minecraft, so he has built a lot of his education around that. He started a YouTube channel, which required him to learn how to edit videos. He also wants to build a survival multiplayer environment, which means that he has to be able to code his own twist on Minecraft. He had to create an excellent promotional video, which required that he write marketing copy, and he's learning how to write the rules of the multiplayer environment in a clear way, which is technical writing. We never know where these projects are going to go, but it involves reading, writing, coding, video editing and an endless amount of troubleshooting and interfacing with different systems.



## What is the key to successful parenting in this setting?

If your kid is going to sit and play video games all the time and do nothing productive, and it's not going to lead into fruitful territories, then they need more structure. You have to remain engaged. It's great to allow him to direct everything, but his sphere of experience is still pretty myopic compared to an adult that has seen a lot more, so my job is to keep finding side trips and lateral movements that will keep him opening doors that he doesn't even necessarily know are there.

*Sandra Yeyati is national editor of Natural Awakenings.*

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# Plant-Forward Holidays

## FESTIVE FOODS EVERYONE WILL CRAVE

by Veronica Hinke

A plant-forward menu can be one of the best gifts that a host can give this holiday season. It is also more likely than ever that guests will welcome a celebration menu filled with vegetables and fruits.

A 2023 survey by the International Food Information Council found that six out of 10 people reported eating a more plant-based diet to be healthier. “About 20 years ago, there might be one or two people at a party who followed a plant-forward diet. Now, we have to plan our menus to have more plant-based options,” notes Ojai, California-based dietician Sharon Palmer. “Even if only half of the guests follow a plant-based diet, my dishes are gone. Even the carnivores love them.”

### Plant-Forward Eating

“When we think about plant-forward eating, what we are really going to do is add more vitamins, minerals and fiber and reduce the amount of calories that we consume,” says Sherry Coleman Collins, a registered dietitian and nutritionist in Marietta, Georgia. “That is especially important during the holidays when we are inclined toward eating more calorie-dense foods that have more fat, sugar and salt. A plant-forward meal can naturally reduce

some of that without losing the flavor and enjoyment of eating.”

### All in the Presentation

The name of a recipe can make a difference. “Why even say vegan?” Palmer asks. “Research shows that using the word vegan loses the crowd. There are people who will immediately think less tasty. If you lead with a description and its flavors, people are much more interested in trying it.”

### The Holiday Centerpiece

When planning a plant-forward meal, consider making it the spotlight of the celebration. “What replaces that focal point can come in a variety of different forms,” says Colleen Patrick-Goudreau, a thought leader on the culinary, social, ethical and practical aspects of living compassionately and healthfully. “I think what’s missing for people isn’t just the meat. I don’t think people are thinking, ‘I need my meat.’ I think they are thinking, ‘This looks so unfamiliar and incomplete.’ So, how do we complete it?”

Patrick-Goudreau suggests a large acorn squash stuffed and baked with flavors and foods of the season, including grains (quinoa, millet, rice), cranberries and raisins sautéed with onions and seasoned with winter spices like cloves, cinnamon

and cardamom. “That stuffed squash can be the focal point, not just on the plate, but also on the table,” she asserts. “Now the oohs and the aahs are about the squash as the centerpiece.”

Plant-based nutrition specialists and restaurateurs Bart Potenza and Joy Pierson were among the first to elevate plant-based menus in the 1990s to the flavor-filled, crave-worthy foods enjoyed today. They love a whole, roasted cauliflower that is frosted with cashew cream and cut into slices. “[Cauliflower] is the new white meat,” Pierson says. “It’s about sharing beautiful foods with friends and family.”

Part of the plant-based movement has been accomplished by incorporating more ingredients. “We are omnivorous, so we don’t naturally crave meat, but we do crave fat, salt, texture, familiarity and flavor,” says Palmer. “The recipes that I make for the holidays check all of those boxes. I always volunteer to bring the entrée. I try to think of something savory that’s also seasonal and matches the holiday menu.”

### Delicious Plant-Based Starters

Minnesota-based Instagram influencer Kristi Erdal makes a plant-based holiday party snack that can double as a holiday



gift. "It is important to have a nutritionally balanced meal, especially during the holidays, which tend to be more meat- and carb-forward with all the roasts and gravies," she says. "My rosemary spicy roasted nuts are a party snack with savory, smoky, spicy and sweet flavors. A huge amount of fresh, chopped rosemary gives them an amazing flavor boost along with added health benefits. I have several favorite plant-forward recipes that I make during the holidays, including my jalapeño cranberry sauce and my kohlrabi slaw, but the nuts are the most popular."

Palmer makes meatless appetizers that stand up to their classic meat-based counterparts. One of her favorites is golden beet vegan meatballs with almond sage cranberry cream. It is made with shredded golden beets and showcases flavors of the season like hazelnuts, flaxseed, sage and thyme. "They're just so colorful, which is especially nice at holiday time," she says. "More and more people are realizing that [plant-forward food] is going to be delicious. They're not going to miss out. It's going to be satisfying, colorful and amazing."

*Veronica Hinke is a food historian and the author of The Last Night on the Titanic: Unsinkable Drinking, Dining and Style and Titanic: The Official Cookbook. Learn more at FoodStringer.com.*

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## conscious eating

1 medium cauliflower  
1 cup prepared vegetable broth

### CASHEW CREAM:

½ cup raw, unsalted cashews, soaked overnight, or for 15 minutes in hot water (see Note)  
1 clove garlic, minced  
1 tsp onion powder  
½ tsp dried rosemary (or 1 tsp if fresh)  
½ tsp dried thyme (or 1 tsp if fresh)  
¼ cup olive oil  
½ cup prepared vegetable broth  
½ cup chopped thyme, parsley or herbs of choice for garnish

Preheat the oven to 350° F.

Pour 1 cup of vegetable broth on the bottom of a baking dish.

Trim the cauliflower by removing the outer leaves. Wash the cauliflower. Cut the bottom, but leave the stem intact so it stands upright.

Place the cauliflower in the prepared baking dish on top of the broth. Roast uncovered for 30 minutes.

Meanwhile, place the cashews, garlic, onion powder, herbs, oil and broth in a blender to make a paste.

After the cauliflower is roasted, keep it in the baking pan and use a spatula or a butter knife to “frost” it with ¾ of the cashew cream, like you would a cake.

Return the cauliflower to the oven and bake it until it is golden brown, about

30 minutes.

Remove the cauliflower from the oven. Drizzle the remaining cashew cream over the cauliflower and garnish with the ½ cup of fresh herbs.

NOTE: It is not necessary to soak cashews if using a high-speed blender.

SERVING SUGGESTIONS: Serve with all the holiday classics: sweet potatoes with marshmallows, mashed potatoes, wild rice, roasted vegetables and cranberry sauce. Can be served with sautéed mushrooms, gravy and cranberry relish.

Recipe and photo courtesy of  
Bart Potenza and Joy Pierson.

**GOLDEN BEET VEGAN  
MEATBALLS WITH ALMOND  
SAGE CRANBERRY CREAM**  
YIELD: 8 SERVINGS (3 VEGGIE BALLS EACH)



### GOLDEN BEET VEGAN MEATBALLS:

1 bunch fresh golden beets (about 5)  
1 15-oz can cannellini beans, rinsed and drained (about 1 ¾ cups)  
2 green onions, diced  
2 cloves garlic, minced  
1 cup mushrooms, finely chopped  
½ cup fresh, chopped parsley  
½ cup finely chopped hazelnuts  
¼ cup ground flax seeds  
½ cup whole-wheat breadcrumbs (may use gluten-free)  
1 tsp sage  
1 tsp tarragon  
1 tsp thyme  
½ tsp smoked paprika  
¼ tsp black pepper  
2 Tbsp reduced-sodium soy sauce  
2 Tbsp tahini  
1 lemon, juiced

### ALMOND SAGE CRANBERRY CREAM:

1 cup peeled, slivered almonds  
4-6 Tbsp plain, unsweetened plant milk (soy or almond)  
1 Tbsp lemon juice  
1 clove garlic  
¼ tsp freshly ground black pepper  
½ tsp ground sage  
Sea salt (to taste, optional)  
1 Tbsp fresh, chopped sage leaves  
¼ cup dried cranberries

To make the vegan meatballs, trim the beets and scrub the outside surface, leaving the peels on. Using a food processor or a


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box grater, shred the beets.

Place the beans in a large mixing bowl and use a potato masher to mash them slightly to achieve a thick mixture with some lumps.

Add the beets, onions, garlic, mushrooms, parsley, hazelnuts, flax seeds, breadcrumbs, sage, tarragon, thyme, smoked paprika and black pepper. Mix together well.

Mix in the soy sauce, tahini and lemon juice—using hands to combine the mixture well. Cover and refrigerate for 1 hour or overnight.

Preheat the oven to 375° F and spray a baking sheet with non-stick cooking spray. Form 24 golf ball-sized balls out of the mixture and place them evenly on the baking sheet. Bake the vegan meatballs on the top rack of the oven until golden brown, about 40 to 45 minutes.

Serve with the almond sage cranberry cream.

To make the almond sage cranberry cream, soak the almonds in water for 2 hours (or overnight).

Drain the water and place the soaked almonds in the container of a blender or food processor.

Add 4 tablespoons of plant milk, lemon juice, garlic, black pepper and ground sage, and process to make a thick, creamy dip. If too thick, add 1 to 2 tablespoons of plant milk as needed to create the desired texture.

Transfer the cream to a dish and stir in the fresh sage, cranberries and salt if desired. Garnish with additional freshly ground black pepper and fresh sage.

NOTE: To make this recipe gluten-free, use gluten-free breadcrumbs and soy sauce.

*Recipe and photo courtesy of Sharon Palmer, MSFS, RDN.*

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# Holiday Workouts

## TIPS FOR STAYING MOTIVATED

by Kiki Powers

**D**uring the holidays, it is easy to get swept up in all the festive cheer and forget fitness goals. The cold weather and tempting holiday treats make it tough to stay motivated to exercise. But with a few simple strategies, those fitness goals can be kept alive throughout the season.

### Make a Plan and Stick to It.

“One of the most powerful ways to keep yourself on top of your game during the winter and holiday season is to create a simple and effective workout routine,” asserts Anthony Roumell, a certified personal trainer in San Diego. A study published in *Research in Sports Medicine* confirms that

patients that set intentions and action plans are more likely to adhere to the recommended level of exercise.

“The key is the discipline to create a healthy lifestyle all year round,” advises Josh York, founder of GYMGUYZ, a mobile fitness franchise in the United States, Canada and United Kingdom. “A good exercise routine should be part of your regular active routine, just like brushing your teeth. Planning ahead, setting achievable goals and tracking progress will help you stay on track and keep motivated. Whether it’s working out in the morning before work or hitting the gym at lunchtime, be sure to track progress to stay motivated,” he recommends.

**Mix It Up.** To keep things interesting, mix up workout routines. For example, swap the cardio session for a strength training workout, or try a new class like Pilates, yoga or dance. A varied routine challenges the body in new ways and keeps the mind engaged while working out.

Roumell likes to use different strategies to jumpstart his fitness. “Sometimes it looks like meditation, reading a few pages of a book, watching a funny comedy skit or stretching in my sauna to get the blood flowing. On days I am particularly tired, sore or resistant to my routine, I take things

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into a bit more of a shock-and-awe context by doing a cold plunge for five minutes, followed by a review of my fitness goals,” says Roumell.

**Find a Workout Buddy.** Exercising with a friend or family member is a great way to stay motivated and accountable during the winter holidays. Find someone that has similar fitness goals and schedule workout dates together.

**Choose Healthy Holiday Treats.** It's easy to indulge in sugary treats and heavy meals when everyone is celebrating, but indulging too much can cause weight gain and derail fitness goals. To stay on track, choose healthier holiday snacks like fruit salad, vegetable trays, nuts and lean proteins. When indulging, avoid overeating and practice moderation.

**Stay Mindful.** Winter months can bring about seasonal affective disorders that can make people feel down and lethargic. Small tasks such as lighting candles, meditation or even a short walk can be uplifting. According to a study published in the *Primary Care Companion to The Journal of Clinical Psychiatry*, exercise can help to improve mood and reduce symptoms of depression and anxiety.

**Find Joy.** In the season of joy, find an enjoyable workout routine. “Forcing yourself to do exercises that you hate will only make it more difficult to stick to your fitness routine,” says York.

**Add Purpose.** “Clearly identifying the benefits you want to gain from fitness, such as improved health, energy and self-esteem, is crucial in helping you stick to your fitness goals,” York explains. When the holidays do disrupt the fitness plan, do not abandon the goal; treat it as a rest day instead. “I use the 80/20 rule when it comes to planning exercise and time off to provide flexibility during the holidays,” he adds.

**Reward Progress.** Set a workout milestone and receive a reward when it is met. For example, booking a spa day or purchasing a new yoga mat may be the reward for exercising 20 days in a row or nailing a tough pose. Knowing that something special is on the other side of the workout can be a great motivator.

Winter holidays can be a challenging time for maintaining a fitness routine and meeting personal goals, but with a little bit of planning, determination and the right mindset, holiday cheer will not derail the achievement of fitness goals.

*Kiki Powers is a contributing health writer for Natural Awakenings and national speaker specializing in plant-based nutrition and healthy green living. Learn more at RawKiki.com.*

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# Lung Maintenance 101

## NATURAL STRATEGIES TO BREATHE EASIER

by Sheila Julson



**M**ost people inhale about 22,000 times per day without realizing it, but for the more than 34 million Americans living with lung diseases like asthma and chronic obstructive pulmonary disease, taking a breath is often difficult. The American Lung Association reports that one in three Americans live in places with unhealthy levels of air pollu-

tion. Everyone needs fresh, life-sustaining oxygen, and natural therapies are available to help us breathe a little easier.

According to Madiha Saeed, a holistic, functional and integrative doctor in Naperville, Illinois, controlling chronic inflammation is an important strategy in pulmonary rehabilitation. “A healthy inflammation response, or acute inflam-

mation, means the body’s defenses are working properly. But if the switch to our immune system stays in the ‘on’ position, it can be too much of a good thing,” explains the founder of HolisticMom, MD.

Daily exposure to inflammatory triggers, such as chronic stress, allergens, synthetic food additives and low-grade infection, can drive disease. Saeed notes that exercise helps combat inflammation by relieving stress, regulating digestion, improving insulin sensitivity, detoxifying the body and increasing the feel-good hormone serotonin.

**Exercise.** Dawn Encian is a Virginia-based functional nutritionist and organizer of the Breathe Easy, Breathe Well summit, which focuses on non-pharmaceutical ways to manage respiratory conditions. She asserts that exercise makes the heart and lungs work harder, thereby supplying more oxygen to muscles. “Regular exercise also increases blood volume, resulting in the body being able to extract oxygen more efficiently,” she advises.

For those with healthy lungs, Encian recommends high-intensity interval training, brisk walking, jogging, running or jumping rope, as well as strength-enhancing modalities like weightlifting, Pilates or yoga. For people with respiratory issues, she suggests lower-intensity exercise like walking, tai chi and cycling on a stationary bike or flat land, as well as light exercises with bands or small weights. Breathing exercises that focus on the diaphragm and expel stale air also support lung efficiency.

Saeed suggests that stretching can improve range of motion, boost circulation



and keep muscles flexible. Some people tend to hold their breath while stretching, so it is helpful to become more conscious about our breathing during these movements.

Saeed cautions, "Don't overdo it. Exercise as long as you feel good and energized afterward. If you feel exhausted or worse after exercise, or if your symptoms worsen, you're doing too much." Both Encian and Saeed note that people with respiratory conditions or chronic illness should consult a physician before starting any exercise program.

**Fresh Air.** Many home items, from furniture to rugs and bedding, contain chemicals that off-gas volatile organic compounds. Saeed cautions that inhaling these chemicals can be as dangerous as consuming them. Indoor air purifiers, which range in size and cost, can help filter toxins and optimize detoxification.

Swapping out chemically laden household cleaners can also effectively improve indoor air quality. Encian makes her own

cleaners with essential oils, dried lemon and orange rinds, rubbing alcohol, witch hazel and water.

Houseplants offer an affordable way to improve indoor air quality. Encian recommends aloe, snake plants, peace lilies, ferns, rubber plants, chrysanthemums, spider plants, areca palm and dracaena. Saeed also likes weeping fig, Chinese evergreen, bamboo, Gerbera daisies and English ivy.

Getting outdoors is often recommended to maintain overall health and well-being, but Saeed recommends checking the local air quality index before heading out. Many apps show air quality, and some state how long it is safe to be outside if someone has a respiratory condition. If going outside on a poor air quality day cannot be avoided, masks may be helpful in reducing exposure to pollutants. Encian also recommends personal air purifiers worn around the neck.

**Nutrition.** Proper diet and nutrition can help strengthen the lungs. Saeed and Encian believe that dairy may lead to the

production of excess mucus. Foods with carotenoids and vitamin A, like sweet potatoes, carrots, berries and leafy greens, promote mucus-membrane health. Magnesium, garlic, mustard seeds, onions, lentils, omega-3s found in cold-water fish, nuts, flaxseeds and foods high in vitamins B<sup>5</sup> and B<sup>6</sup> are beneficial for lungs and overall immune health, as are vitamins C and D. Staying properly hydrated will also help airways function appropriately.

**Rest and Relaxation.** Optimizing sleep can help support the immune system. Encian also recommends steam baths or showers with essential oils, such as eucalyptus, peppermint, frankincense and rosemary, to open the airways and expel mucus. Chiropractic, acupuncture, acupressure and energy work can also facilitate lung health and overall wellness.

*Sheila Julson is a freelance writer and regular contributor to Natural Awakenings.*



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# The Magic of Parent-Child Synchrony

## HOW SKIN-TO-SKIN CONTACT HELPS DEVELOPMENT

by Christine Ramos, RN, CLC, CCM, IBCLC (retired)



**I**magine being an infant born only moments ago. The onslaught of new sensations must be overwhelming as they suddenly feel the weight of a once-buoyant body. Eyes that saw only muted shades are now confronted by the harshness of bright lights.

For nine months, there were no pangs of hunger, but now they will crave nourishment with every fiber. The warmth, comfort and safety of the womb has been replaced with uncertainty, and the child's cardiovascular, digestive and immune systems must quickly adjust to new demands.

The simple act of placing a newborn on mom's chest, referred to as kangaroo care, can produce remarkable benefits. When it is done for 60 to 90 minutes, this skin-to-skin contact initiates a cascade of

physiological effects that optimize every organ system in the infant's body and promote breastfeeding. The mother also receives benefits, such as reduced stress hormone levels and greater amounts of oxytocin, the hormone that plays a vital role in postpartum healing, breastfeeding and pair bonding.

### Benefits of Close Physical Contact

In 2021, the Proceedings for the National Academy of Sciences of the United States of America published a study examining the long-term effects of kangaroo care. For two decades, researchers followed preterm and full-term babies; some had received kangaroo care (or skin-to-skin contact),

and others had not. The children were assessed at four months, three years, 12 years and 20 years.

The scientists concluded that early experiences of frequent, close physical contact play an important role in a child's social-emotional development and were predictive of a child's ability later in life to interact with peers, regulate emotions, manage stress and show empathic understanding. According to the authors, bodily contact may provide a bridge from prenatal life to postnatal social life.

Using a method called hyper-scanning, with advanced imaging techniques, scientists sought to identify what was being exchanged between mother and child that yielded such dramatic outcomes. They found that the pair's neural activity coordinated or synchronized with one another, which led to benefits for the child's nervous system, immune system, body function and behavioral development.

This synchrony was also present when the parent and child were near one another, not just when practicing kangaroo care. Certain factors strengthened synchrony, such as physical proximity and affectionate touch, which activate dopamine and other feel-good chemicals in the child's brain, enhancing cognitive functioning such as social learning and reward processing, vital in preventing major mood disorders and addictions.

In effect, kangaroo care (both with or without clothing), carrying an infant in a carrier or sling, frequent or on-demand feedings, sleeping near one another and infant touch or massage promote what has been scientifically termed parent-child interaction synchrony.



## Emerging Understanding of Carry Care

A child's brain continues to grow after birth, and by age 1, the average baby's brain is about 60 percent of an adult's brain size. During that first year of postpartum development, caretakers must provide the correct habitat to help the infant cope with its immaturity.

According to anthropological evidence, an optimal habitat can be provided through what is termed carry care, which provides opportunities for close contact and promotes parent-child interaction synchrony. Anthropologists also point out that in Western society parents have evolved away from carry care and toward nest care, where the baby is placed apart from the caregiver.

*Bodily contact may provide a bridge from prenatal life to postnatal social life.*

However, the science suggests that closer contact is beneficial. Interaction synchrony seems so impactful that lack of it may have implications for the development of autism spectrum disorder and other neurobehavioral disorders. Currently, interaction synchrony is one of the most studied subjects in modern science, as it has recently been found to exist in a variety of relationships, not just between a parent and child. Yet, for all its profound implications, its relational and developmental dynamics remain a mystery.

Until interaction synchrony unveils more of its secrets, holding and embracing our babies

just a little bit longer may be advisable for the health of their growing minds and bodies.

*Christine Ramos, the author of A Journey Into Being: Knowing and Nurturing Our Children As Spirit, is a maternal-child health registered nurse who has worked as a certified childbirth educator, certified doula, certified case manager and an internationally board-certified lactation consultant.*

*This article first appeared in EcoParent magazine and is adapted and reprinted with permission.*

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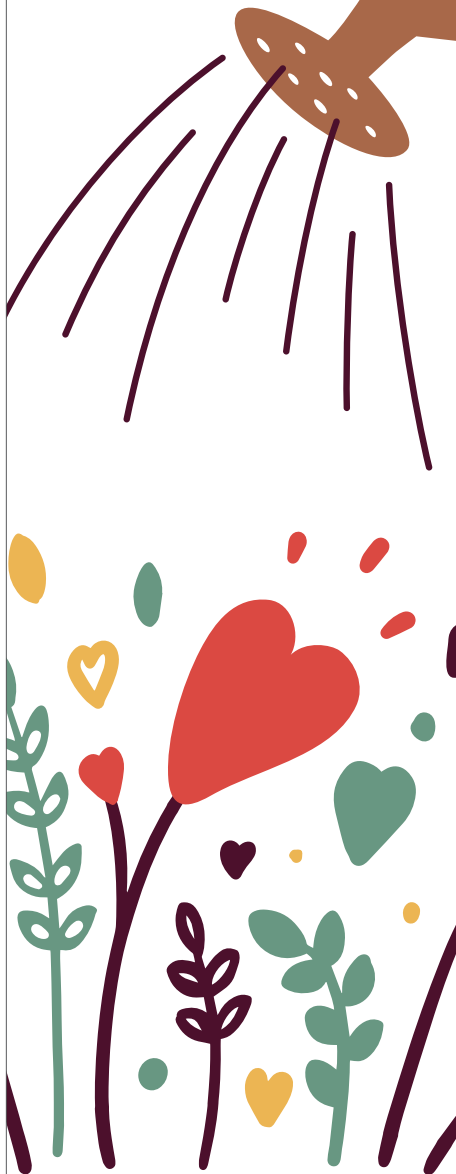
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# Responsible Pet Adoption

## GUARANTEE A FOREVER HOME FOR A FURRY FRIEND

by Sheila Julson



**T**he idea of bringing a new pet home conjures up images of endless cuddles and joyful frolicking, but there are crucial responsibilities to consider, too. A successful adoption requires thought and preparation well before the furry friend joins the family. The goal is to build a happy environment for the animal's entire lifetime. Think of it as unconditional love with a no-return policy.

Ruth Allen, director of admissions and placement for the American Society for the

Prevention of Cruelty to Animals, encourages people to adopt from a local shelter or rescue organization, where “you often have the advantage of learning valuable information about the animal’s background, including any important medical or behavioral needs.” Another option, she explains, is to identify a responsible breeder and avoid a so-called puppy mill that engages in cruel breeding practices.

Angela Speed, vice president of marketing and communications for the Wiscon-



sin Humane Society, observes that most people come to their shelter with a specific breed in mind. Adoption counselors help people focus on a pet's needs, too, so they can find an animal that blends well with their family lifestyle.

"Are they looking for a running partner or a couch potato? Is size a factor for their living situation? We talk about home setting, training and exercise needs, pet care costs, balancing work and animal ownership, and the tools and supplies you need to set yourself and your new companion up for success," Speed advises.

It's easy to let emotions or an affinity for a certain breed take precedence when choosing pets. Mike Spiotta, lead kennel manager of North Shore Animal League America, reminds us to keep lifestyle factors at the forefront. He notes that herding dogs, such as border collies or Australian shepherds, are fluffy and attractive but were bred to be active and require lots of space. Other dog breeds may be excessive barkers.

"Animals can develop behavioral challenges because their needs aren't being met, which can lead to frustration by the owner and the dog eventually being returned to an adoption facility through no fault of its own," Spiotta cautions.

## *Many municipal shelters also welcome volunteers to help with dog walking, animal socialization, cleaning and laundry.*

For those unsure about adopting an animal, most rescue organizations offer foster programs that allow potential pet parents to determine whether a furry addition is right for them. Many municipal shelters also welcome volunteers to help with dog walking, animal socialization, cleaning and laundry.

Before adopting or fostering, it's important to make sure everyone in the house is prepared to have a pet. Chores such as feeding, grooming and walking the dog or cleaning the cat's litter box can be divided among family members. "Keep an open mind and heart, because you may fall in love with a pet you'd never considered," Allen asserts. "Dogs and cats have so much love to give, though some are sometimes overlooked due to their size, breed or even their age."

People tend to gravitate toward young pets, but senior animals also need a chance to live out their golden years in a loving home and can offer key advantages. Older animals with a history of living within a family may settle in more quickly than

a puppy or kitten. Many older pets are already house-trained, have mastered basic commands and are beyond chewing phases. The personalities of puppies and kittens tend to change as they grow, but personalities of adult animals are often fully formed, although still adaptable.

Allen notes, "It's okay to give pets as gifts if the person has an interest in owning one, though the easiest way to be certain is to ask the recipient and go through the process together."

Spiotta cautions against giving an animal as a surprise, saying, "The last thing most people want is more responsibility, especially an unexpected responsibility in the form of a life." He recommends gift wrapping a collar and including a handwritten note inviting the recipient to choose a pet when they are ready. Many local shelters offer gift certificates for adoption, which allows the recipient an opportunity to make their own decision.

*Sheila Julson is a freelance writer and regular contributor to Natural Awakenings.*



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## inspiration

# A Pebble of Kindness in the Stagnant Pond

by Marlaina Donato



From kindergarten classrooms to inspired blogs, kindness is a practice that is encouraged throughout society. Compassion—the bedrock of goodwill—is a spark that can easily be snuffed out on the wheel of survival. Spiritual practice is usually associated with attending a house of worship, getting on a yoga mat or keeping a gratitude journal, but one of the most beautiful faces of mindfulness reveals itself when we embody kindness. With the expression of compassion, we become joy in motion.

We do not need to break the bank or give our last drop of energy to consider others, only a willingness to nourish generosity of spirit. Whether we share that last piece of dark chocolate with our significant other or uphold a common courtesy, such as giving someone a well-deserved compliment, a heartfelt gesture can go a long way. One thoughtful word or deed can be a single pebble thrown into a stagnant pond. Kindness from pure intentions rather than superficial investment in “good karma” is a form of energy that begets more of the same. Perhaps the greatest advantage of goodwill is the reminder that the world is not such a harsh place after all. This

aha moment, at the very least, can change someone’s day. At the most, it might save a life. Living in the heart means maintaining a higher frequency, which is needed now more than ever.

Here are a few ideas to drop a pebble in the pond:

### In the Household

- Help someone with their chores: Put out the garbage, empty the dishwasher or set the dinner table.
- Run a hot bath or heat up a bowl of soup for a loved one after a long day.

### In the Workplace

- Bring a coworker a cup of coffee or a hard-working boss a surprise dessert.
- Take the early shift for someone else.

### In the Community

- Offer a free class or service.
- Pick up groceries for a neighboring senior.

*Marlaina Donato is an author, multimedia expressionist and cultivator of women’s wild well-being. Connect at [JaguarFlower.art](http://JaguarFlower.art).*



## calendar of events

### WEDNESDAY, NOVEMBER 1

**Collective Consciousness:** Meditation, Improvisation and the Future – 7-8:30pm. Advaita Vedanta meets Afro-futurism, Quantum Nonlocality, Indigenous Wisdom and other topics that unite ancient wisdom with future visioning. Guest lecturer Anil Maheshwari, PhD. Professor of Management and Information Systems, Maharishi International University. Rackham Amphitheatre (4th Fl), University of Michigan, 915 E Washington St, Ann Arbor. [smt.d.umich.edu/research-initiatives/pccs](http://smt.d.umich.edu/research-initiatives/pccs).

**Open Stage** – 8pm. Take your music to the masses. Open Stage nights offer supportive audiences and a terrific space. Fifteen performers have 8 mins (or 2 songs) each to do their thing. \$3, \$2/members, seniors, students. The Ark, 316 S Main St, Ann Arbor. [TheArk.org](http://TheArk.org).

### SATURDAY, NOVEMBER 4

**Dexter Winter Marketplace** – 9am-1pm. Features art and crafts, bread and baked goods, jewelry, fresh produce, eggs, cheese, meats and more. Dexter United Methodist Church, 7643 Huron River Dr, Dexter. [DexterMarket.com](http://DexterMarket.com).

**Invasive Species Removal Workday** – 10am-12pm. Help Legacy Land Conservancy clear brush and remove the invasive species autumn olive. Sharon Hills Preserve, Sharon Hollow Rd, Sharon. [LegacyLandConservancy.org](http://LegacyLandConservancy.org).

**Randy Rainbow for President Tour** – 7:30-9:30pm. The *New York Times* bestselling author will take on the hottest topics and skewer politicians of the day as only he can, using song parodies live onstage with accompaniment by Broadway musicians. Tickets start at \$63. Michigan Theater, 603 E Liberty St, Ann Arbor. Tickets: [Ticketmaster.com](http://Ticketmaster.com). [MichTheater.org](http://MichTheater.org).

### MONDAY, NOVEMBER 6

**Online: Feeling Gratitude Within** – 8:30-9:30pm. Start with a guided visualization that will bring us into our bodies. Then meander through some journal prompts around gratitude and what it means to you. Candice's top 5 tips for cultivating gratitude daily and why it's a must have practice. Finish with some open group sharing Register: [Tinyurl.com/2j9f4r7z](http://Tinyurl.com/2j9f4r7z).

### THURSDAY, NOVEMBER 9

**How to Plan an Epic Vegan Vacation** – 6:30-7:30pm. Explore the art of planning a truly memorable vegan vacation. We'll delve into common challenges, offer solutions to overcome them. Zoom. [VegMichigan.org](http://VegMichigan.org).

### FRIDAY, NOVEMBER 10

**Fireside Fun** – 5:30-7pm. There's nothing quite as relaxing as sitting around a campfire, roasting marshmallows and swapping stories. Free. Leslie Science & Nature Center, 1831 Traver Rd, Ann Arbor. [DiscoverScienceAndNature.org](http://DiscoverScienceAndNature.org).

### FRIDAY, NOVEMBER 17

**New Moon Night Hike** – 7:30-9pm. Will do some science experiments out on the trail to understand how different animals' eyes see in the dark, learn

about night hike etiquette, and visit some of LSNC's nocturnal animals to learn about how they survive. Leslie Science & Nature Center parking lot, 1831 Traver Rd, Ann Arbor. Registration required: [DiscoverScienceAndNature.org](http://DiscoverScienceAndNature.org).

### SATURDAY, NOVEMBER 18

**Dexter Winter Marketplace** – 9am-1pm. Features art and crafts, bread and baked goods, jewelry, fresh produce, eggs, cheese, meats and more. Dexter United Methodist Church, 7643 Huron River Dr, Dexter. [DexterMarket.com](http://DexterMarket.com).

**Ann Arbor Orchid Society Orchid Show** – Nov 18-19. 10am-4:30pm. Enjoy award-winning orchid displays, free orchid classes, orchid vendors, orchid care supplies and orchid raffles. Admission free. Matthaei Botanical Gardens. Matthaei Botanical Gardens, 1800 N Dixboro Rd, Ann Arbor. 734-647-7600. [aaosonline.org](http://aaosonline.org). [mbgna.umich.edu](http://mbgna.umich.edu).

### SUNDAY, NOVEMBER 19

**Heckuva Hike** – 1-4pm. Travel across eskers in Lyndon North and climb up mighty hills in Lyndon South as we use nature as our gym. Roughly 3 miles. Led by Kelsey Dehring. Park Lyndon, 18801 N Territorial Rd, Chelsea. Pre-registration required: [Washtenaw.org](http://Washtenaw.org).

### TUESDAY, NOVEMBER 28

**Artist Spotlight:** Geneviève Racette – 8pm. New songwriting sounds from Quebec. Free; please bring a nonperishable food donation for Food Gatherers. The Ark, 316 S Main St, Ann Arbor. [TheArk.org](http://TheArk.org).

### WEDNESDAY, NOVEMBER 29

**All About Autumn Olive** – 9-11am. Autumn Olive has become one of the widest spread invasive shrubs around. Join naturalist Elle Bogle for an autumn olive overview then help rid the preserve of some of the thickest patches. Fox Science Preserve, 2228 Peters Rd, Ann Arbor. Pre-registration required: [Washtenaw.org](http://Washtenaw.org).

### SATURDAY, DECEMBER 2

**Dexter Winter Marketplace** – 9am-1pm. Features art and crafts, bread and baked goods, jewelry, fresh produce, eggs, cheese, meats and more. Dexter United Methodist Church, 7643 Huron River Dr, Dexter. [DexterMarket.com](http://DexterMarket.com).

**Healing through Connecting Constellations** – 1-6pm. We are in relationship/connected with everyone and everything. Sometimes our experiences in life have us feeling disconnected from ourselves and others. Healing through Connecting Constellations supports you in reconnecting. \$165/14 days advance, \$185/ after. Constellation Healing Arts, Healing through Connecting, 28592 Orchard Lake Rd, Ste 360, Farmington Hills. 248-345-3557. [ConstellationHealingArts.com](http://ConstellationHealingArts.com).

**Art on a Journey Gallery Art Show Reception** – 2-5pm. A nonprofit gallery of local artists who are currently unsheltered or are housing insecure and at risk of becoming homeless. Each artist is encouraged to express and share their journey through stunning creations of visual art or unique textiles for example that are available for purchase. Show runs Wed-Sun, Dec 1-23, 1, 10am-5pm. Free. The Deep End Cafe & Gallery, 310 Perrin St, Ypsilanti. [ArtOnAJourney.gallery](http://ArtOnAJourney.gallery).

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## ongoing events

### daily

**Herbs for the Southeast Michigan Garden** – Learn how to grow and use 20 culinary and medicinal herbs suited for the southeast Michigan garden. Will cover preservation techniques, basic medicine making and crafting herbal oils, poultices, infused honeys and vinegars plus more. Free. More info & register: [CastleRemedies.podia.com](http://CastleRemedies.podia.com).

**Introduction to Homeopathy Class** – Learn how to choose remedies and how to use them. Class contains nearly 4 hrs of pre-recorded videos. Downloadable resources. \$75. More info & register: [CastleRemedies.podia.com](http://CastleRemedies.podia.com).

**Holistic Health Consultation** – Thru May. Online or phone consultation consultations last about 1 hr and are provided by Certified Xolar Vibronics Holistic Educator and Life Coach Ikaro Phoenix. Be introduced to various techniques, elements or holistic ways of viewing the situation which help the soul to be reeducated and empowered to deal with problems and eliminate them from their root. \$150. For appt: 734-210-0463 or [LivingWisdomCoaching.earth](http://LivingWisdomCoaching.earth).

**Pets & Parents Reiki Session** – 9am-9pm. Sessions for wellness, critical care and end of life transition. Actively experience the use of reiki touch with your pet. Learn additional tips for helping your pet. Virtual 40-min appt. \$20. 231-590-0001. [tedesoto@gmail.com](mailto:tedesoto@gmail.com).

**The Best Affirmation for You** – 10am. Learn about the power of affirmations and how they can bring about positive events and circumstances. Call for a 10-15-min consultation with a licensed professional counselor to pick the best affirmation for you. Purchase an affirmation stone to enhance what you are affirming in your life by having a visible reminder. Free. 734-644-6943. [Harmony2c.com/affirmation-stones](http://Harmony2c.com/affirmation-stones).

**Tiny Lions Lounge & Adoption Center (TLC)** – 12-7pm, Wed-Sun. Offers feline-friendly activities with kittens and cats available to take home. 5245 Jackson Rd, Ste A1, 734-661-3575. [TinyLions.org](http://TinyLions.org).

### weekly

**Yoga with Crysterra Wellness** – Variety of classes Tues-Thurs. Cost varies. For schedule & details: [CrysterraWellness.com](http://CrysterraWellness.com).

**Stop Sabotaging Your Self-Care** – Christy DeBurton will guide you on a journey of self-discovery to examine the obstacles that stand in the way of you taking better care of yourself. 4-wk self-paced online course. \$79 (regular \$149). Yoga Room, 889 Honey Creek Dr, Ann Arbor. [Info@ChristyDeBurton.com](mailto:Info@ChristyDeBurton.com). [YogaRoomAnnArbor.com/online-courses-self-care](http://YogaRoomAnnArbor.com/online-courses-self-care).

### sundays

**Bach Flower Remedies Level 1 LiveWeb** – 3rd Sun. Learn how to use the 38 Bach flower remedies

to help yourself and others conquer fear, worry, overwhelm, low self-esteem, lack of focus, poor concentration, trouble sleeping and more. With Nancy Buono, BFCP, Director of Bach Flower Education. [BachFlowerSchool.com](http://BachFlowerSchool.com).

**Hudson Valley Humane Society Rescue Reading** – 10am-12pm. Includes humane education lessons, group read-aloud and dog meet-and-greet. Drop-off event. \$10; space limited. [HSHV.org/RescueReading](http://HSHV.org/RescueReading).

**Online Meditation from Anywhere** – 11am-12pm. Building an international sangha by connecting loving hearts. Donations welcome. To receive a link: [CelesteZygmunt2@yahoo.com](mailto:CelesteZygmunt2@yahoo.com) or [DeepSpring.org](http://DeepSpring.org).

**Sunday Talk with Demo Rinpoche** – 11am-12pm. Jewel Heart Tibetan Buddhist Learning Center, 1129 Oak Valley Dr, Ann Arbor. 734-994-3387. [JewelHeart.org](http://JewelHeart.org).

**Sunday Artisan Market** – Thru Dec 17. 11am-4pm. Unique local arts and crafts. Meet the artists and support local art. Free parking. Farmers Market Pavilion, 315 Detroit St, Ann Arbor. [SundayArtisanMarket.org](http://SundayArtisanMarket.org).



**Drop-In Tarot Study Group** – 6:30-8pm. A drop-in group of tarot enthusiasts facilitated by Nicholas O'Donnell, using the Rider-Waite Tarot Deck. \$10 donation. Enlightened Soul Center & Shop, 2711 Carpenter Rd, Ann Arbor. 734-299-6472. [NicksVictoryGardens@gmail.com](mailto:NicksVictoryGardens@gmail.com). [EnlightenedSoulCenter.com](http://EnlightenedSoulCenter.com).

**Inspiring Talk by Mata Yogananda** – 7pm. Spiritual talk, pure meditation and silent prayer, with Winged Prayer for all in need at 9pm. Free. Self-Realization Meditation Healing Centre, 7187 Drumheller, Bath. 517-641-6201. [SelfRealizationCentreMichigan.org](http://SelfRealizationCentreMichigan.org).

### mondays

**Weekday Morning Online Meditation** – Mon-Fri. 7:30-8am. Insight Meditation Ann Arbor offers a 30-min online group sitting via Zoom. Free, donations gratefully accepted. [InsightMeditationAnnArbor.org](http://InsightMeditationAnnArbor.org).

**Beginner Tai Chi** – 10-11:15am. A series of postures linked together in fluid manner. Focuses on relaxation in motion, balance and the mind/body connection. Can attend one or both sessions per week (Mon morning &/or Thurs evening). \$195. Peaceful Dragon School, 1945 Pauline Blvd, Ste B, Ann Arbor. 734-741-0695. [PeacefulDragonSchool.com](http://PeacefulDragonSchool.com).

**Soul Power Mystic Arts** – 5pm. 2nd Mon & Wed.

Re-claim the real you, hear your evolutionary calling, and cultivate the nature mystic within through four retreats, individual training, self-acceptance process, nature qigong, plant ally ceremonies, and body-ecology psychology. Sliding scale. Mother Bear Sanctuary, 20470 Barton, Pinckney. 734-796-6690. [MotherBearSanctuary.com](http://MotherBearSanctuary.com).

**Meaningful Mondays** – 8pm. SevaLight Retreat Centre warmly welcomes everyone, of all faiths, meditation practices and traditions, to join us virtually. Will gather on video conference sharing in song/chants and inspiring readings from Mata Yogananda Mahasaya Dharmaji's writings, followed by Pure Meditation and silent prayer. Free. Email by 10am any Monday to receive the info about how to join by video: [Info@SelfRealizationCentreMichigan.org](mailto:Info@SelfRealizationCentreMichigan.org).

### tuesdays

**Senior Discount Tuesdays:** Castle Remedies – Customers over the age of 65 can receive a 10% discount on their in-store purchases. In the Parkway Center, 2345 S Huron Pkwy, Ann Arbor. 734-973-8990. [CastleRemedies.com](http://CastleRemedies.com).

**Online Meditation from Anywhere** – 9-9:30am. Building an international sangha by connecting loving hearts. Donations welcome. To receive a link: [CelesteZygmunt2@yahoo.com](mailto:CelesteZygmunt2@yahoo.com) or [DeepSpring.org](http://DeepSpring.org).

**Hypnotherapy** – 9:30am-7pm, by appt. Also Wed. Cheryl Beshada teaches and specializes in personal empowerment, releasing blocks and patterns of negative behavior, higher self-communication. Free consultation. Warren. 586-899-9009.

### wednesdays

**Get the Most from Your DNA Test** – 6-8pm. Learn what you can do with your results and what additional opportunities are available for discovering your genetic genealogy. Understand the science, how to find information and how to share that information. Course 39651. \$59. Washtenaw Community College, 4800 E Huron River Dr, Ann Arbor. 734-677-5060. [wccnet.edu/noncredit](http://wccnet.edu/noncredit).

### thursdays

**Class Observation** – 11-11:45am. Ann Arbor School of Massage, Herbal and Natural Medicine, 3684 W Liberty Rd, Ann Arbor. RSVP: 734-769-7794. [NaturopathicSchoolOfAnnArbor.net](http://NaturopathicSchoolOfAnnArbor.net).

**Qigong: Basics** – 11:15am-12:15pm. Class introduces participants to basic self-care stretches, breathing, meditations and self-acupressure for reducing muscle tension, increasing mindfulness, and revitalization. \$180. Peaceful Dragon School, 1945 Pauline Blvd, Ste B, Ann Arbor. 734-741-0695. [PeacefulDragonSchool.com](http://PeacefulDragonSchool.com).



**Beginner Tai Chi** – 6-7:15pm. A series of postures linked together in fluid manner. Focuses on relaxation in motion, balance and the mind/body connection. Can attend one or both sessions per week (Mon morning &/or Thurs evening). \$195. Peaceful Dragon School, 1945 Pauline Blvd, Ste B, Ann Arbor. 734-741-0695. PeacefulDragonSchool.com.

**Thursday Hills of Ann Arbor** – 6:30pm. We ride some of the best hills A2 has to offer. A/B/C: 10-40 miles Start at Wheels in Motion, 3402 Washtenaw Ave Ann Arbor. WheelsInMotion.us.

**Thursday Evening Silent Meditation** – 6:30-8:15pm. With Insight Meditation Ann Arbor. Free, donations gratefully accepted. Zion Lutheran Church, 1501 W Liberty St, Ann Arbor. 734-994-4455. InsightMeditationAnnArbor.org.

**Meditation Class** – 7-8pm. Short lesson and meditation, followed by discussion with instructor Lori Barresi. Drop-in, every other Thur. \$10. Enlightened Soul Center, 3820 Packard, Ste 280, Ann Arbor. 734-358-0218. EnlightenedSoulCenter.com.

## fridays

**Online: Prayer Power Hour** – 12-12:30pm. Prayer changes things. Our goal is simple: to love you, pray

for you, and introduce you to our loving Creator, the Great Healer. Free. Tinyurl.com/PrayerPowerHour.

**Esoteric Tarot for Beginners** – 7-8:30pm. Drop-in study group with Nick O'Donnell. Features the bare bones and basics of tarot symbolism to get you reading the cards immediately. Every class will explore the basics of 4 cards per session. \$15 suggested donation. Enlightened Soul Center & Shop, 2711 Carpenter Rd, Ann Arbor. 734-358-0218. fb.me/e/2MeGXs0VE.

## saturdays

**Certified Hypnotherapists Education and Networking Meeting** – 9:30am-12pm. 1st Sat. Certified Hypnotherapists welcome. Includes educational presentation, workbook and digital material. Clinical Hypnosis Professional Group, Warren. Register: 586-899-9009.

**Pregnancy, Childbirth, Postpartum and Baby Classes** – 6-7pm. Classes are held virtually online lead by our top AID instructors utilizing state-of-the-art visual aids and activities to keep it fun and engaging while presenting the latest evidenced based material on each topic. \$35/class. Childbirth-Classes.com.



## classifieds

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per session-by length, no tips.

## AROMATHERAPY

### ROSY GLOW AROMATHERAPY

Margo Hertzfeld, Certified Aromatherapist  
419-360-0169  
RosyGlowWellness.com



Clinically certified aromatherapist offers holistic consultations with customized blends of professional quality essential oils. Trust Margo to help you understand the complicated world of aromatherapy. Her holistic approach can help you maximize your benefits from this powerful therapy and minimize side effects. Aromatherapy is a wonderful way to integrate natural healing into your life. Phone consultations are available.

## BIOLOGICAL DENTIST

### ANN ARBOR'S DENTIST

Dr. W. K. Dobracki, DDS  
606 W Stadium Blvd, Ann Arbor, 48103  
734-747-6400  
DrDobracki@AnnArborsDentist.com  
AnnArborsDentist.com



Passionate about holistic care while utilizing Bio-Compatible materials and lasers. Our patients can elect to be free from fluoride, mercury and other harmful metals. Filling materials are tooth colored and both BPA & Bis-

GMA free. We offer natural oral health products using fine essential oils, and free of gluten and preservatives. *See ad page 3.*

## CATERING/FOOD

### CINNAHOLIC

121 E Liberty, Ann Arbor  
734-707-1955  
Info@CinnaholicAnnArbor.com  
CinnaholicAnnArbor.com



Cinnaholic is a locally owned bakery specializing in custom gourmet cinnamon rolls and homemade cookie dough, brownies and cookies. We cater to any size event with customizable catering options. All our products are made with the highest quality ingredients and are 100% vegan. *See ad page 19.*

## DETOX/COLONIC

### INNERSPACE HOLISTIC

Brandy Boehmer, 734-709-8313  
2350 Washtenaw Ave, Ste 14, Ann Arbor  
InnerSpaceHolistic.com



Colon Therapy is the slow and gentle insertion of purified water into the colon (large intestine) for the cleansing of poisons, mucous and accumulated fecal matter. It is also used to stimulate the colon to recover its natural shape, tone, and peristaltic wave action. No chemicals or drugs are used—thus it is a safe, gentle, health-giving alternative. Brandy Boehmer is National Board Certified in colon hydrotherapy through the International Association for Colon Therapy.

## EDUCATION

### CONCORDIA UNIVERSITY

School of Pharmacy  
Tinyurl.com/CUWonline



Earn your Master's in Natural Product Sciences with our 30-credit online program. This graduate degree, with concentrations in medical cannabis and nutraceuticals, can lead to jobs in health care, pharmacy research and development, manufacturing and business. *See ad page 25.*

Earn your Master's in Natural Product Sciences with our 30-credit online program. This graduate degree, with

## HOLISTIC DOCTOR

### DR. MALCOLM SICKELS, M.D.

210 Little Lake Dr, Ste 10, Ann Arbor  
734-332-9936  
DrSickels.com



Malcolm Sickels earned his M.D. from the University of Michigan, where he taught fellow medical students about different approaches to health. Board certified in Family Medicine and Holistic Medicine, he is in solo practice on the west side of Ann Arbor. Learn more at Dr.Sickels.com. *See ads, pages 7 and 8.*

## HOLISTIC LIFE COACH

### LIVING WISDOM - HOLISTIC EDUCATION AND COACHING IKARO PHOENIX

Ikaro@LivingWisdomCoaching.com  
734-210-0463  
LivingWisdomCoaching.Earth



Ikaro is a Certified Solar Vibrations Life Coach and Holistic Health Educator with over 15 years experience. He offers consultations and sessions based on what is emerging from each individual's energy. Sessions are offered by phone/skype and in person when available. Contact to inquire more or schedule appointment. Thank you.

## HOLISTIC MENTAL WELLNESS

### CENTER FOR INTEGRATIVE COUNSELING

Karen Kerr, LMSW  
2010 Hogback Road, Ste. 6E, Ann Arbor  
(734) 660-5610  
karen8kerr@gmail.com  
karenpkerr.com



In offering a caring, collaborative and supportive experience, I draw upon a holistic approach with a rich variety of practices designed to deepen awareness, uplift mood, manage stress and develop a stronger sense of self-worth, purpose, connection and joy in life.

## HOMEOPATHIC PHARMACY

### CASTLE REMEDIES

2345 S. Huron Pkwy, Ann Arbor  
In the Parkway Center  
734-973-8990  
CastleRemedies.com



Serving Michigan for nearly 40 years. Castle Remedies offers over 1,000 homeopathic remedies as well as herbs, essential oils, flower essences, books, unique gifts and jewelry. We carry top-tier nutritional supplement brands such as Metagenics, Ortho Molecular, Xymogen, Integrative Therapeutics, Karuna, NOW, and more. Classes available online. *See ad page 13.*





## LIFE COACHING

### LEAN INTO YOUR LIFE

LeanFowardLife@gmail.com  
734-249-9948  
LeanIntoYourLife.net



Gary Merel offers the tools needed to create the life you envision. He is an effective catalyst that will help you unravel your life's dilemmas. Gary will help you to ignite your innate wisdom enabling you to see a clear path for your life.

## MOLD TESTING & REMEDIATION

### MOLDPRO

John Du Bois, CMI, CMR  
247 W. Main Street, Milan  
734-439-8800 • MoldProInc.com



MoldPro offers chemical-free mold remediation, independent certified mold testing, inspection and consultation services all over SE Michigan specializing in mold biotoxin illness clients.

## NATURE-ORIENTED MEETING SPACE

### MICHIGAN FRIENDS CENTER AT FRIENDS LAKE COMMUNITY

7748 Clark Lake Road, Chelsea  
734-475-1892  
MFCenter.org/rent



We offer the holistic community a nature-oriented meeting space for workshops, meetings, counseling, yoga, youth groups and family gatherings. Main room accommodates 100 pre-COVID-19, with two smaller classrooms and kitchen facilities. Hiking trails. Weekend rates range from \$200-\$400, additional for extensive grounds use, camping. *See ad page 7.*



## RELIEF FROM TRAUMA, ANXIETY & DEPRESSION

### ACT ABSOLUTE CHOICES TODAY COUNSELING NANCY WARNARS, LPC

OperationAbleNancyW@gmail.com  
248-845-0513  
AbsoluteChoicesTherapy.com



Virtual Teletherapy for all ages. Immediate appointments available. Accepting most insurance. Office in East Lansing. Change happens when you take responsibility to create thinking that supports ways to feel better. Family of origin, groups and media can have a profound effect on your inner being. Letting go of the negativity is critical to co-create new pathways toward hope, peace and love for the life you have a choice to envision.

## SCHOOL / EDUCATION

### ANN ARBOR SCHOOL OF MASSAGE, HERBAL & NATURAL MEDICINE

734-769-7794  
NSHAAssociates@gmail.com  
NaturopathicSchoolOfAnnArbor.net



Massage therapy training is a one-year program that fulfills the 717-hour, state-licensed professional training with the required 80 hours of clinical internship. The rate for scheduled, Tuesday through Friday appointments at our student massage clinic is \$50/hr. *See ad page 29.*

## SMOKING CESSATION

### FREE AT LAST! HYPNOSIS

Center - A Joyful Journey  
734-883-8775



Stop smoking in one visit. Afraid it's going to be too painful or too difficult? Our unique specialized and proven system makes it easy. Become a happy and permanent non-smoker today. *See ad page 9.*

## TAI CHI AND QIGONG

### PEACEFUL DRAGON SCHOOL

1945 Pauline Blvd, Ste B, Ann Arbor  
734-741-0695  
PeacefulDragonSchool.com



Tai chi promotes relaxation, is a meditation in motion and is known for increasing balance. Qigong means energy work. This class includes stretching, meditation and self-acupressure.

## WEIGHT LOSS

### FREE AT LAST! HYPNOSIS CENTER - A JOYFUL JOURNEY

734-883-8775



Lose weight now with hypnosis. Achieve permanent positive life and habit changes through our safe, rapid and effective system. Tap the potential of your mind to create the health and vitality you've always wanted. *See ad page 9.*

## WELLNESS CENTERS

### CRYSTERRA WELLNESS

3173 Baker Rd, Dexter  
734-649-1849  
CrysterraWellness.com



Ancient inspirations for modern well-being. Supporting you and your wellness journey every

step of the way with reflexology, reiki, lithography and yoga.

### THRIVE! WELLNESS CENTER

148 S. Industrial Dr. Saline  
734-470-6766  
Thrive-Wellness-Center.com



Shannon Roznay, DC, specializes in Nutrition Response Testing and Activator Chiropractic. Thrive! also carries natural foods,

skin and home products. *See ad page 18.*

## WOMEN-ONLY MASSAGE

### SHER

734-239-3344  
SherAnnWells@icloud.com



Draped relaxation massage \$85 per hour, includes hot towels. Full coverage massage for relaxation and sexual abuse healing (This is NOT an internal or sexual experience). Draped \$110 per hour. Undraped \$160 per hour.

I'm open for conversation.





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**517.333.7270**

**1226 Michigan Avenue  
East Lansing | Michigan**

**[www.wycoffwellness.com](http://www.wycoffwellness.com)**



**Comprehensive  
Weight Loss Program**  
**Nutrition  
Supplements  
IV Therapy  
Ozone Therapy  
Colon Hydrotherapy  
& More!**



## OFFICE HOURS:

Monday-Thursday: 8 AM to 5 PM

Fridays: 7 AM to Noon

## Wycoff Wellness *Comprehensive* **Weight Loss** **P R O G R A M**

We will find the barriers and help you reach your ideal weight with our Comprehensive Weight Loss Program. No matter what the barriers are - low thyroid function, hormone barriers, insulin resistance - we will seek out and build you a customized solution with guaranteed results!

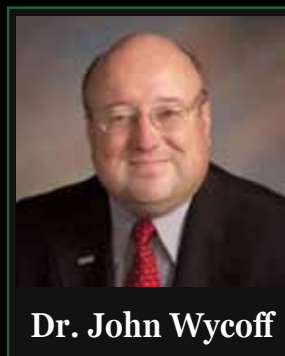
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**517-333-7370 or 800-471-0255**

# 20%

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**DURING  
NOVEMBER**



**Dr. John Wycoff**

*"We are committed to  
finding the CAUSES  
of your symptoms;  
not just treating  
your symptoms."*